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FIGHTING FEAR WITH TERROR ... I'M SCARED

STAR OF THE NEW SCI-FI SERIES HELIX DESCRIBES THE SHOW AS 'INTENSE, BUT STILL AN ESCAPE' PAGE 11

3! 2! ... Hey, where'd my bowl go?

London Music Hall owner threatens to post pics of 'NYE thief' on social media if items aren't returned PAGE 3

Baby slapper slapped with 8 months

Man on flight to take his son off life support also handed a $2,500 fine for assaulting crying toddler PAGE 7

Canucks at coaching crossroads

After poor showing at the world juniors, Canada is on the hunt for a new bench boss. Dale Hunter? PAGE 17

NEWS WORTH SHARING.

BRACE FOR BRRRRRR

The Monday winter blast that left people chipping ice off pretty much everything and digging out from 15 centimetres of snow is just the start of what's shaping up to be a frigid record-breaking weather week for London and other parts of the country. More local coverage on page 4. ANGELA MULLINS/METRO

Curtains open for Fanshawe

Performing arts building. Students excited on first day of class downtown

The joy — and for some, relief — was palpable Monday inside Fanshawe College's new Centre for Digital and Performance Arts building.

Initially scheduled for a fall opening, the date was pushed back due to construction delays. Now, some of the college's most creative students are honing their skills in the heart of downtown London.

The 50,000-square-foot building at 137 Dundas St. is equipped with high-tech labs, classrooms and collaborative learning centres for about 400 students. It's home to such programs as 3D animation and character design, interactive media design and production, technical costume design and theatre arts. Having students in the core is expected to help with the city's efforts to breathe new life into downtown. And the city put up $20 million to help Fanshawe make its presence known.

So far, college president Peter Devlin likes what he sees.

"We think this adds hugely to downtown London — the energy and the excitement here," he said Monday. "So despite being bitter cold outside, it's warm and filled with heat and energy from the students that are here at Fanshawe."

He described the building as modern and appropriate for today's young people.

Fanshawe board chair Scott Player said the building has been designed to give students the opportunity to thrive.

"When we talk about vision in our organization, we talk about unlocking potential," he said. "When you think about a building like this in downtown London, it really is unlocking potential, not only for Fanshawe College, but also for the community itself."

Practical experience and hands-on guidance by instructors will be centre stage in the new facility.

The sewing and soft technical labs, for example, feature industrial-level machines and mannequins. Using those resources, students will construct professional-level costumes for theatre wardrobe.

SCOTT TAYLOR/METRO, WITH FILES BY DAVID INGRAM/FOR METRO

At a glance

- **Official name:** Howard W. Rundle Building
- **Floors:** Six
- **Classrooms and workspaces:** 86
- **Programs offered:** Seven
- **Computer terminals:** 185
- **Kilometres of network cable:** 58

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Municipal election

Hopefuls get early jump on ballot

Political wannabes have had four business days to sign up for the Oct. 27 municipal election, and the numbers are slowly increasing.

Sixteen people have put their names on the ballot for the city's 14 wards and the mayoralty. Of those, 10 signed up on the first day.

So far, Mayor Joe Fontana hasn't handed in his paperwork. He says he wants to concentrate on his work before beginning a campaign in May or June.

But he has two challengers already in property developer Arnon Kaplansky and gas station worker Dennis Perry.

So far, just three sitting councillors have formally declared their intention to run again: Stephen Orser, Denise Brown and Bill Armstrong, in wards 4, 11 and 2, respectively.

There are already three council wards with rival candidates signed up.

In Ward 4, Orser faces two challengers in Nethaniel Youskow and Paul Pesach Gray. In Ward 11, Brown has Urban League leading light Stephen Turner to contend with. Meanwhile, in Ward 14, Coun. Sandy White hasn't yet filed papers, but two others want her seat: Steve Hillier and Jared Zaifman.

Along with Armstrong's return to the fray, there are six wards with just one candidate so far. No candidates have registered so far in wards 3, 7 and 8.

MIKE DONACHIE/METRO

Jan. 28

Fontana to give State of the City

Mayor Joe Fontana will give his annual State of the City address on Jan. 28 at the London Convention Centre, recapping everything from the 2013 world figure skating championships to what happened in the business sector and looking ahead to 2014. METRO

Mayor Joe Fontana METRO FILE

$15,000. Drug raids at two homes turn up meth, crack, cash and suspects

Four London men face several charges after police seized more than $15,000 worth of drugs and cash in weekend raids at two city homes.

Search warrants were executed Saturday on Baseline Road West and St. George Street, where police found a combined 152 grams of crystal methamphetamine, a small amount of crack cocaine, hydromorphone pills and a fentanyl patch.

About $500 in Canadian currency was also seized.

David Lyndsay, 48, David Rikhtegarzdeh, 33, Lucas Vondette, 30, and Lee Simpson, 31, face a series of drug charges.

METRO

Timothy Duane Ireland

Body identified as missing man

A body discovered Dec. 31 in a wooded area near Tokala Trail and Wateroak Drive has been identified as that of a man who went missing earlier in the month, police said Monday.

Timothy Duane Ireland was last seen Dec. 10.

Foul play is not suspected, and police say the investigation has concluded. METRO

St. Thomas

Man beat woman, fought cops: Police

A 61-year-old man who St. Thomas police allege went on a violent rampage has been held in jail pending an upcoming bail hearing.

Police claim the man punched, kicked, choked and pulled a woman by her hair before they arrived at a Sunset Drive residence Sunday. He allegedly began to fight the officers as well. METRO

Return the bowl, or the world will see your face

Camera footage. Thief should have a chance to redeem himself, says music hall owner

DAVID INGRAM
For Metro

Mike Manuel, owner of the London Music Hall, has taken to social media in hopes of recovering property he says was stolen during a party to ring in the new year.

A Jan. 3 post on the venue's Facebook page lays it all out: Return the item by 6 p.m. Friday or "images" of those responsible will be displayed "using multiple media platforms."

The music hall has even created a faux Facebook event called "Catching the NYE Thief." It's set to start at the Friday deadline.

According to Manuel, at 12:53 a.m. during the New Year's Eve Penthouse Party, a silver-plated bowl valued at $300 went missing.

After whispering back and forth, one person distracted a bartender while another, looking to be in his early 20s, slipped out with the item through an emergency exit, Manuel told Metro.

"It was planned. It wasn't spontaneous," Manuel said Monday. "They talked about it for about 10 minutes."

Manuel said he knows how it all went down because everything can clearly be seen on footage taken from the 64 cameras inside the hall.

On Monday, a photo of one of the people alleged to have been involved — shown from the neck down, standing next to the bowl — was posted on Facebook.

Manuel said he has spoken with police officers. No charges have been pressed at this time, but he said he'll talk to authorities again if the property isn't returned by Friday.

"We feel we should give (the alleged thief) a chance. We don't want to ruin the guy's career and get him charged for something stupid he did," Manuel said.

"We are waiting for him to redeem himself and come back clean."

As you may be aware, a valuable item was stolen from London Music Hall on New Year's Eve. This item did not belong to the Music Hall, it had belonged to culinary catering (the caterer of the event). The perpetrator and his accomplice waited for the bartender to turn their back as they proceeded to grab the bowl and exit the building from an emergency exit door. (We will release the full video via social media if the item is not returned)
A photo of the Silver plated bowl and the person whom stole it are below. We have concealed the face of the person in hopes he sees this message and returns the bowl. He was wearing a red sweater over a white collared shirt & red shows with white laces.
Any information please contact info@londonmusichall.com

The London Music Hall published this post Monday on Facebook. The bottom left image shows one of the people alleged to be responsible for a theft during a New Year's Eve party, the club's owner says. It also shows the serving bowl the club owner says was stolen. FACEBOOK

But is the threat legal?

Wait just a second, said London police Const. Ken Steeves.

London Music Hall owner Mike Manuel shouldn't be negotiating or, worse, threatening a suspect with public shaming should a missing serving bowl not be returned.

There's an inkling of extortion suggested when telling someone they must do something or face the consequences, Steeves told Metro.

If Manuel is a victim of crime, he should contact police rather than involve himself by reaching out to the suspect, Steeves said.

"Not only that, but the individual responsible poses a risk to their own safety because the offender knows who the victim is, but the victim doesn't know the offender," the officer said.

In such a situation, there could be repercussions if the suspect were to find himself cornered.

"I didn't think of that," Manuel said Monday.

However, he remains adamant that he wants to give his alleged thief a chance to erase the mistake before the matter is etched in stone.

Another reason to talk to the cops, Steeves said, is because police might be able to identify the suspect based on previous incidents.

SCOTT TAYLOR/METRO

Similar case

The London Music Hall isn't the first local business that's taken to social media to expose a crime.

- In November, Scotty's Shine Shop on York Street was vandalized with anti-Semitic graffiti and male genitalia drawn on the windows. Images showing the perpetrators' faces were posted to Facebook.

Wind chill set to make it feel close to -40 C in London

Frigid. City digs out of snow, braces for dipping mercury

SCOTT TAYLOR
scott.taylor@metronews.ca

A bitter cold snap that gripped the Prairies and much of the eastern United States has spread its icy tentacles into the London region.

Environment Canada has posted a wind chill alert and is urging people to stay indoors, as much as possible.

Extreme temperatures from -35 C to -40 C, with wind chill factored in, were forecast for Tuesday with a slight warming expected late Wednesday.

Monday saw the temperature plummet from -9 C in the morning to -26 C by late afternoon.

With the homeless being so vulnerable to the cold, the Salvation Army is prepared to accommodate extra people at its Centre of Hope (281 Wellington St.).

"Whenever a cold weather alert is issued, the Salvation Army strives to assist in any way we can," spokesman Perron Goodyear said. "The extreme cold can have severe consequences for those who are at risk in our community so we are prepared to help if needed."

Until things warm up slightly later this week, extreme caution is advised for people heading outdoors. Exposed skin may freeze in less than five minutes. Pets should also spend as little time in the cold as possible.

To make matters worse, the city was hit with 15 centimetres of snow overnight Sunday, while surrounding areas saw snow drifts of up to 25 centimetres due to strong winds.

In the wake of the storm, all schools in the Thames Valley District School Board and the London District Catholic School Board were closed Monday.

The Thames Valley board was expected to resume classes Tuesday. Parents were being urged to dress children appropriately and make sure all their skin is covered before venturing out.

Western University cancelled classes Monday evening and all day Tuesday due to cold weather.

The university will remain open, however, and continue to provide services on campus, officials said in a statement.

Stay warm

The city is offering some relief from the big chill as London shivers under a blanket of snow.

- Twelve warming centres have been opened in community centres and libraries across the city after a cold weather alert was issued. Check London.ca or call 519-661-5575 for more.

People trudge along a snowy Grosvenor Street sidewalk Monday afternoon after leaving a nearby sledding hill. ANGELA MULLINS/METRO

Paramedics shovel driveways for the sake of kindness

A team of Middlesex-London EMS paramedics put their shovels to good use on Monday, clearing snow from driveways and walkways of people who might otherwise have been stuck inside. Pictured, from front, are Brieanna Angel, Julie Colgan, Scot Rektor and Rob Gee. ANGELA MULLINS/METRO

Middlesex-London EMS crews saw a way to help, and they were on it in a heartbeat.

They made their way across London on Monday — jumping from one driveway to another with shovels in hand.

The idea of forming a Random Act of Kindness (RAK) team came to them just three days before 15 centimetres of fresh snow blanketed the city, said public education co-ordinator Brieanna Angel.

"An (EMS) employee came up to me on Friday and said she had a neighbour who had a heart attack and she wanted to go out and represent Middlesex-London EMS and shovel their driveway," she said.

A light bulb went off above Angel's head.

"I said, 'That's great, that's what we're going to do,'" she said Monday. "So when the snowstorm came up this weekend, we decided that this was going to be our first RAK deployment."

Quoted

"As long as we have the volunteers, we'll get out there and do it, and I have the feeling we'll have the volunteers."

Middlesex-London EMS public education co-ordinator Brieanna Angel

There was a long list of people who needed their help, so Angel did her best to choose those who needed it most, such as the elderly and disabled.

In all, there were about five managers and five frontline paramedics who came in on their own time to do the work. Angel said if not for the school closures, there would've been many more.

All told, they ended up shovelling 17 driveways. And, Angel said, that didn't meet all the demand.

"We tried to find the ones that were most urgent," she noted.

If you or someone you know needs help, contact the RAK team via email at pad@mlems.

SCOTT TAYLOR/METRO

Follow Scott Taylor on Twitter @taylorinlondon

Caring and sharing on the road

New venture. Community CarShare ready for springtime launch in London

MIKE DONACHIE
mike.donachie@metronews.ca

A more wholesome way to get mobile is about to be offered in London by a non-profit organization.

Community CarShare is coming to the city after success in other areas, offering a cheaper and more environmentally friendly way to access a car. People can buy into the idea and have use of a car when they need one.

CarShare 101

- There are already Community CarShare fleets in Kitchener-Waterloo, Niagara, Guelph and Hamilton, and members can book cars in any city.
- There are a variety of membership types with different rates, plus a fee to use a car.
- Members are also offered a 10 per cent discount on VIA Rail tickets.

It launches "in spring 2014," said member-services co-ordinator Matthew Piggott, which means from March to May, depending on when enough people sign up.

"The way it works is you sign up to become a member at communitycarshare.ca," said Piggott. "Then you choose which plan you want to be on. You can book cars for as little as half an hour, or as long as you need."

The non-profit is run as a co-op, so its members actually own the company. The idea began in 1998 in Kitchener when 10 people got together to find an affordable way to own a car.

Now it's growing into other communities, with 24 cars in Kitchener-Waterloo and 10 in Hamilton. Piggott predicts it will take off in London, starting with either three or four cars based downtown.

"That's just scratching the surface in terms of what it could be," he said, adding that London's population could support more than 30 shared cars.

As well as a social benefit — providing transportation to people on low incomes — the idea can save people money because insurance and gas are included in the flat rates paid, proponents say.

Reducing the number of cars on the road also gives it a green side, said Piggott.

Although a similar car-share service is offered at Western University, this one would be for the wider public.

Young twinkletoes hoping for the best at ballet audition

Erin Vowles, 13, of London, stretches Monday as she prepares to audition for Canada's National Ballet School at Dance Steps Studio on Richmond Street. Vowles was one of 42 local dancers who took the leap, trying to prove they have what it takes to attend the Toronto institution. The school has been visiting cities across Canada searching for cream-of-the-crop dancers since late October. ANGELA MULLINS/METRO

Lotto. Londoners hit it big with 6-49 ticket

Two Londoners are starting 2014 a tad richer. Make that $70,334 richer, to be exact.

Ryan Beal and Odette Reeve claimed the money as winning ticket-holders in the Dec. 21 Lotto 6-49 draw.

The ticket was sold at the Husky gas station on Huron Street at Highbury Avenue.

METRO

Odette Reeve and Ryan Beal
COURTESY OLG

Norfolk Co. Be wary of fake cheques, OPP urge

The Ontario Provincial Police are urging people to check people's identification before accepting cheques.

The warning comes after a fraud investigation in Norfolk County.

There, a victim attempted to sell his vehicle using an online classified ad. A suspect paid with what was believed to be a certified cheque, but 10 days later the seller learned he'd been the victim of a fraud, police say.

If someone refuses to provide identification that includes their photo, age and other information, such as an address or phone number, a cheque should not be accepted, police say. METRO

Politics. Grits bow out of London conference

The Ontario Liberals have decided not to hold a conference in London later this month.

Instead, the party will gear up for what could be a spring election with an annual general meeting now slated for March in Toronto.

A conference was originally scheduled for Jan. 24 to 26 in the Forest City, but that could have conflicted with byelections that are expected to be called soon in Niagara Falls and Thornhill.

If the New Democrats vote with the Conservatives against the upcoming budget, Ontario would be plunged into an election that could come on May 29.

TORSTAR NEWS SERVICE

How's the weather up here?

In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

Edmonton

After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.

Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.

Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.

Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.

Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.

Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.

Regina

Bundled-up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill. The leak prompted an emergency water shutdown along Dewdney Avenue, one of the city's busiest streets.

Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000 per cent from the previous December.

London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.

Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.

METRO/TORSTAR NEWS SERVICE/THE CANADIAN PRESS

Newfoundland outages continue for 4th day

Crews in Newfoundland made progress Monday on restoring energy for thousands of people as the island entered its fourth day of power outages that were triggered by a combination of cold weather, a fire at a terminal station and a power plant that went offline.

Schools throughout the island have been shut down until Wednesday as a result of the power shortages. Warming centres have also been set up for people without power.

Newfoundland Power president Earl Ludlow said crews have made strides in restoring power after residents and businesses were told a day earlier to conserve energy.

"I know it's frustrating, I know it's difficult," Ludlow told a news conference. "But I will also say that the plea for conservation did show up very quickly."

Premier Kathy Dunderdale said the situation was improving, but people should still be conserving power.

"We're coming out the other end but we need to be careful about what we're doing for the next few days and few weeks and the more that people can contribute to that effort, the better off we'll all be."

Quoted

"It's a critical time here in the province and we're not out of the woods yet."

Newfoundland and Labrador Premier Kathy Dunderdale

The power interruptions began Thursday evening when planned outages were implemented as utilities struggled to keep up with increased demand because of bitterly cold temperatures that gripped the island.

On Saturday, a fire broke out at the Sunnyside terminal station, triggering more outages as a blizzard slammed the island. At the peak of the outages Saturday morning, about 190,000 customers were without power.

THE CANADIAN PRESS

Linemen replace blown transformers as they attempt to return power to residential customers in St. John's, N.L., Monday. PAUL DALY/THE CANADIAN PRESS

Man who slapped toddler gets eight months in prison

Guilty plea. Joe Rickey Hundley was on a flight to take his son off life support after an insulin overdose put him in a coma

A federal judge on Monday sentenced a man who pleaded guilty to slapping a crying toddler on an Atlanta-bound flight to serve eight months in federal prison.

Joe Rickey Hundley was accused of using a racial slur to refer to the 19-month-old boy, who's black, and hitting him under the eye as the flight from Minneapolis descended to the Atlanta airport last February. He pleaded guilty in October to simple assault after reaching a plea agreement with prosecutors.

No excuse

"You cannot assault another individual, regardless of how sad or upset, or even how intoxicated or sick, you are."

U.S. Magistrate Judge Alan Baverman

Prosecutors had recommended a sentence of six months in prison, and Hundley reserved his right to argue for a lower sentence. U.S. Magistrate Judge Alan Baverman said he imposed a higher sentence in part because of Hundley's criminal history, which includes a prior assault.

Hundley's lawyer, Marcia Shein, objected to the deviation from the recommendation in the plea agreement and said after the hearing that she believes the sentence is disproportionate.

Before he was sentenced, Hundley told the judge he took full responsibility for his actions and turned to apologize in person to Jessica Bennett, the toddler's mother, who was in the courtroom.

In addition to the prison sentence, Baverman ordered Hundley to pay Bennett restitution of $105 and to pay a fine of $2,500 to the government. Baverman also ordered Hundley to serve a year of supervised release, undergo alcohol-abuse treatment and anger-management counselling, and perform 120 hours of community service, preferably in a homeless shelter.

THE ASSOCIATED PRESS

Quest for symbol of health

A boy holds a cross as believers sing and dance in the icy waters of the river Tundzha to celebrate Epiphany day in the town of Kalofer, Bulgaria, on Monday. Traditionally, an Eastern Orthodox priest throws a cross in the river and it is believed that the one who retrieves it will be healthy through the year. VALENTINA PETROVA/THE ASSOCIATED PRESS

Post-traumatic

Mountie in medicinal pot dispute fit for trial

A New Brunswick Mountie who attracted national attention for complaining that he wasn't allowed to smoke medicinal marijuana for his post-traumatic stress disorder while in uniform has been deemed fit to stand trial on charges of assaulting two RCMP officers, the Crown and defence said Monday. Cpl. Ron Francis, who faces two counts of assaulting police and one count of resisting arrest, was released from custody after he underwent a 30-day psychiatric assessment.

Francis was ordered to follow conditions including that he refrain from alcohol and non-prescription drugs, report to a local mental-health clinic and not possess firearms. He smiled and waved to family and friends as he appeared in Fredericton provincial court but did not speak to reporters when he left the courthouse.

THE ASSOCIATED PRESS

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Search for proof of time travel yields nada

'Summer fun.' Time travel research based on search engines, but no one posted anything prescient. Now back to real work!

Time travellers, if they really exist, seem to be keeping their adventures to themselves.

Researchers with perhaps a bit too much time on their hands conducted an extensive Internet and social media search for evidence of time travellers going back in history and then bragging about it online.

And they came up empty. No real-life Dr. Who or Marty McFly from the movie Back to the Future tweeting secrets a bit early.

Spurred by idle chat during Thursday poker games, an astrophysicist and his students at Michigan Technological University in Houghton, Mich., searched for mentions of Pope Francis and Comet ISON before they popped into reality.

Francis was elected pope last March and ISON was first detected in September 2012.

The idea: If someone mentions a Pope Francis in a 2011 tweet, Facebook post or blog item, then they must have come back from the future with special knowledge.

But no one posted anything prescient.

And last September, the researchers asked people to tweet "#Icanchangethepast2" — but do it before August, a month earlier. Again, no one did.

The disappointing results, rejected by three physics journals, will be presented Tuesday at the American Astronomical Society conference in Washington.

If someone went back in time and said something to hint about the future, it would prove the concept of time travel, said astrophysicist Robert Nemiroff.

He said this was merely summer fun that cost nothing to do.

"This wasn't a major research push," Nemiroff said Monday at the astronomy meeting.

"This was typing things into search engines.

"Billions of dollars are spent on time travel movies and books and stuff like that. This probably costs less than a dollar to check on it."

Nemiroff said this isn't his normal field and he didn't much believe in travelling backward in time before.

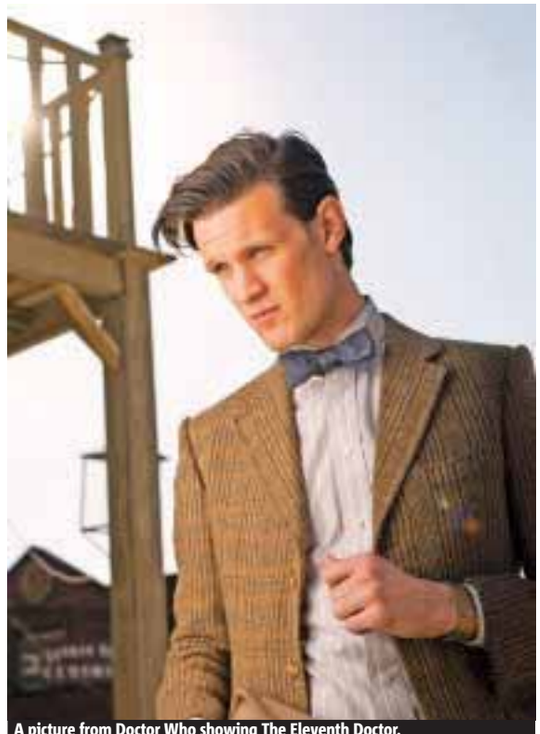
He added that he believes less in it now.

"Unless I go back (in time) and publish lots of papers," he joked.

Other scientists didn't quite take it too seriously either, to say the least.

Harvard University astronomer Avi Loeb said in an email to The Associated Press, "as anyone who uses online dating knows, the Internet is the last place to find the truth about the physical reality."

Others, no doubt, will keep trying to look for proof of time travel. It's a field that captures the human imagination. THE ASSOCIATED PRESS



A picture from Doctor Who showing The Eleventh Doctor.
ADRIAN ROGERS//BBC/THE ASSOCIATED PRESS

Medical pot user in N.S. claims 'discrimination'

A medical marijuana user living in Dartmouth says his schooling and family life has been destroyed by harassment over his medical marijuana use.

"It feels like I'm in prison. It feels like I'm sitting in jail right now. My family's gone, and it feels like I'm being monitored," said John Quinn Monday.

Quinn has filed a complaint with the Nova Scotia Human Rights Commission over alleged discrimination by the superintendant and property manager of his Albro Lake Road apartment.

He disclosed his licence to grow and use medical marijuana when he signed a lease in June. Although the building super didn't raise any concerns then, Quinn said he's been subjected ever since to repeated police calls, accusations that he's selling his pot, and investigations by Child Welfare Services.

He was even ordered to leave after an inspection by the property manager in November, though the eviction order was rescinded.

"The only thing that he could do was ask for a copy of my (permit,) because (marijuana) could potentially harm other tenants," said Quinn. "What about an oxygen tank? That could explode. What's the difference, in reality?"

John Quinn checks his pot plants on Monday. JEFF HARPER/METRO IN HALIFAX

The former welder said the marijuana manages his joint pain effectively without affecting his mental state or causing addiction. He grows the plants in a separate unit from the apartment where he lives with his family, and has installed charcoal filters to manage any odours.

Quinn said he's had to drop out of his upgrade courses because of stress caused by the alleged harassment, and has sent his partner and children to live in Ontario to prevent any further action by Child Welfare Services.

After serving MetCap Living Management with notice of the Human Rights complaint, Quinn said the alleged harassment has stopped, but he still doesn't feel safe.

"You've put my family in danger, you've put me in danger, you've ruined our Christmas, you made us feel like criminals," he said. "I want a public apology."

Neither the superintendant nor the property manager of Quinn's building returned calls for comment.

RUTH DAVENPORT/METRO IN HALIFAX

Rx marijuana changes

More than 37,000 Canadians are currently licensed through Health Canada to use marijuana.

- Changes coming in April mean users cannot grow their own marijuana plants, but must purchase medical pot from a government-approved supplier.

Balancing act. Woman protesting marijuana 'ban' in Alberta hospitals

Medical marijuana user Lisa Kirkman says she used to regularly consume vaporized cannabis while in Alberta hospitals, but a sudden change in policy and grinding bureaucracy have now made it effectively impossible for her to access medical care.

"I want to be able to receive medical treatment like every other Albertan, like every other Canadian," she said Monday.

Kirkman said a Nov. 4 Alberta Health Services (AHS) memo, which she described as a well-intentioned attempt to codify a previously ad hoc policy on vaporizer use, ended up resulting in vaporizers being effectively banned in the interim. "In the meantime, we should go back to the status quo," she said. "I need care now. I needed care two months ago."

Kirkman said she needs marijuana to control a host of medical conditions, typically vaporizing every 15 to 20 minutes.

Currently, AHS "is looking at developing a process" for in-hospital marijuana use, according to spokesman Don Stewart. "This is about the balance between patient need and the health and safety of other patients, staff and visitors."

Kirkman plans to stage a "vape out" at a Calgary hospital Wednesday.

ROBSON FLETCHER/METRO IN CALGARY

Lisa Kirkman uses a vaporizer at her home. ROBSON FLETCHER/METRO IN CALGARY

Spending to slim down despite rabid appetite for gadgets: Analysts

$1.06 trillion on tech.
Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to $1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of $1.07 trillion estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget show on Sunday.

Appetite for smartphones, such as the iPhone 5C, remains strong. JUSTIN SULLIVAN/GETTY IMAGES

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from $444 in 2010 to an estimated $297 this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS

'It wouldn't be B.C. without it'

A protester rushes the stage as Prime Minister Stephen Harper speaks at the Vancouver Board of Trade in downtown Vancouver Monday. Two protesters evaded security to protest climate change. Harper quipped, "It wouldn't be B.C. without it," to applause and laughter from the crowd. THE CANADIAN PRESS

New study

Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

Market Minute

DOLLAR
93.88¢ (-0.11¢)

TSX
13,495.54 (-53.32)

OIL
$93.43 US (-$0.53)

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MARS ONE IS LOOKING PRETTY GOOD NOW

SHE SAYS

Jessica Napier
metronews.ca

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment, one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather and rightly so — there is just so much conversation material out there in the atmosphere. Phrases like "polar vortex," "frost quake" and "Nor'easter" have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase "It's going up to a balmy -12 tomorrow," without a hint of sarcasm.

But sometimes even the hardiest Canucks in their puffiest, goose-down jackets are no match for mother nature's wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don't seem feasible. Where's the appeal in an evening at the skating rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year's resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I'll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren't a thing.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hey, mom! Look what I can do

CHARLES DHARAPAK/THE ASSOCIATED PRESS

Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the zoo's female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she's working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

The zoo's point of view

- The zoo won't make Bao Bao or her mother do anything they don't want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

Newborn dreams

"She doesn't even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now."

Brandie Smith, panda curator
National Zoo in Washington

Clickbait

LUKE SIMCOE
Metro Online

COURTESY TIKKER

The start of a new year is a time for reflection. It's also a reminder that we're all another year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

Death Clock:
This site's tag line is "predicting the demise of others since 2006." Just fill in a few details about your age, place of residence and diet and you'll get a handy prediction you can take to your financial planner. (death-clock.org)

Death Timer:
As a bonus, this site will create an image of a tombstone with your name on it. It will also scold you if you smoke or drink too much. (deathtimer.com)

The DeathList:
If you're more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)

Twitter

@metropicks asked: .@MyTikker watch approximates when you'll die and counts down to the second. Would you live differently if you knew?

@Earl_of_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. "U officially wasted 2 minutes of my life. No, really, look at my watch."

@Earl_of_Halifax: I'd probably live faster

Follow @metropicks and take part in our daily poll.

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Send us your comments: londonletters@metronews.ca

metro

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DVD review

I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as Women on the Verge of a Nervous Breakdown. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of Airplane! Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

Finding escape in fear

Helix. Billy Campbell, star of new Showcase series, talks about our obsession with being terrified

RICHARD CROUSE
scene@metronews.ca

"I've been reading film scripts for over 30 years," says Helix star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like The Rocketeer and Francis Ford Coppola's Dracula, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like Once and Once Again, The O.C. and The Killing.

His latest project, the sci-fi series Helix debuts on Showcase on Friday. Produced by Battlestar Galactica creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, Slow Burn Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was The Andromeda Strain, then John Carpenter's The Thing and a little bit of Walking Dead popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell

Billy Campbell stars in Helix, debuting Friday on Showcase. CONTRIBUTED

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The Internet is calling for Elba, Idris Elba

DOROTHY ROBINSON
Metro World News in New York

This rumour has already been slightly refuted by the man himself but it's just so juicy I couldn't help but get on the bandwagon: The Internet is trying to make Idris Elba the next James Bond.

A fan group called We Want Idris Elba for James Bond is going so strong (and makes so much sense) that Elba is being asked in interviews if it could possibly happen.

"It's a rumour that's gotten out of control, basically — but that's all it is," Elba said on ITV's Lorraine over the weekend, thus starting a new drumbeat of support. "There's no truth in it whatsoever."

Earlier in November, the actor, who just won a Golden Globe nomination for Mandela, seemed a bit more open to the suggestion. "Really? James Bond? I didn't know that was still sort of in the mix," Elba told HuffPost Entertainment. "I say it all the time, but if it was to ever happen and if I was ever to get offered that role, that would be the will of a nation. That would be like, 'Wow, human beings are really powerful. They really made that happen, because (producer Barbara Broccoli) certainly didn't.' ... It would be the will of a nation because everyone has been saying that to me."

The Internet makes so many, usually terrible, things happen (Rebecca Black, Snakes on a Plane, Mega Shark Versus Giant Octopus). Wouldn't it be nice if something amazing and sexy — and that would be Idris Elba in a hot bow tie and martini glass — came from it as well?

Idris Elba, James Bond? GETTY IMAGES

Yes, Alex Turner is alive and rocking

Arctic Monkeys.
Frontman was target of Internet death hoax, but he actually wants to talk about his album instead of mortality

PAT HEALY
Metro World News in Boston

The Arctic Monkeys are currently touring the U.S. in support of their latest album. CONTRIBUTED

Contrary to popular belief (for one day last month, at least) Alex Turner is alive and well. Days before our conversation with the Arctic Monkeys frontman, a hash tag of #RIPAlexTurner shot into the top 10 most discussed Twitter items in his home country of England. It really would have been a shame if it were true that the 27-year-old singer had died, because — aside from death being a real bummer on a personal level to his friends and family — the band is touring America to promote their fifth and most recent album, AM, which may be their finest hour. Luckily, it was just another Internet death hoax.

First of all, you're alive. And there were a few rumours going around Twitter recently that you weren't.
Apparently so! I woke up in Tulsa that morning … wait, it wasn't Tulsa. Sorry. Tempe, Arizona! And I thought maybe the rumours were true and I had in fact died and gone to heaven.

I sense a little sarcasm. Was Tempe, AZ especially hard on you?
No, no. It was actually fine. I was just being facetious. But yeah, I'm alive and kicking.

Tell me about what was going on when you heard about the #RIPAlexTurner hash tag.
It wasn't actually that big of a deal in my world. I think it's a bit like Super Mario. You get three lives on Twitter. I'm not exposed because I'm not signed up to the old Twitter myself, so I kind of remain relatively oblivious. At some point in the afternoon somebody told me that apparently there was this thing, but it was a side note in my day, in all honesty.

If a side note of your day is that people who care about you thought you had died, what's the highlight?
I think it's like, as I understand it, I'm pretty sure people saw it as a hoax early on and the fact that it was trending was simply because people were saying, "Oh, look at this. Isn't this ridiculous?" and then it gathered momentum. I believe that to be the case, rather than people actually thinking it was real.

Well, there's no such thing as bad publicity, but let's talk a little bit about something you'd probably prefer got more publicity than a death hoax: your new album! Let's talk about AM.
Yeah, if you want, man. It's up to you. I'll talk about the hash tags all day if you'd rather.

No, I don't want to do that at all.
OK.

So, AM is interesting. It's kind of all over the place. Was it a challenge to sequence something like this? Because it does flow well, but there's so many different sounds on it...
I mean, I suppose sequencing any record always seems to be quite a difficult part of the process in my experience at least. But this one, actually, we branched off from the original idea a lot less than with the other four albums. I think to me, there are two pretty clear sides to it, not in terms of the sequencing, like an A-side and a B-side, but there's these two extremes, one of them being sort of like early 1970s rock 'n' roll — sort of heavy metal that got the wrong end of the stick, but not entirely. You know the Spiders from Mars sort of quality with the drum sounds? And, I guess you hear that on the ballads a little bit more than the other ones. I guess the other side of it would be this kind of contemporary R&B angle that exists in a lot of the vocal production, and I guess that was sort of the idea, really, to take that contemporary R&B or even like a hip-hop influence at times and apply it to a four-piece rock 'n' roll band.

Have you heard any reaction from the R&B or hip-hop community? Are we talking crossover appeal here for the Arctic Monkeys? Any hip-hop radio stations playing Why'd You Only Call Me When You're High?
I think there's been a bit of that, like some of the rap shows in the U.K., someone sent me a clip of someone rapping over that. The idea that it might get sampled is one that's exciting to me. And the first few bars of that song, it was constructed in a way that I imagine a hip-hop producer would construct music. We manipulated the instruments to create building blocks, and then those blocks form the song in the way that I would imagine somebody like Timbaland might have done.

When I first put AM on, I was instantly reminded that "Oh yeah, these guys toured with the Black Keys."
You're not the first person that's said that to me, but I sort of wholeheartedly disagree that there's a Black Keys influence on this album. I think to me that intro sounds like everything we just talked about before that. It's totally coming from a hip-hop or rap place. That intro is the one that could most be an intro to a rap tune. That space that exists in it. I don't think it's bluesy in its composition of instrumental, which I think a lot of the Black Keys things are. And I think the melody, which is arguably bluesy and the tone of the lyrics is basically Are You Lonesome Tonight?, and the way the melody kind of wanders around in a conversational way, I don't think is very Black Keys.

No, I agree with you there. I guess I was just referring to the immediate reaction of putting the album on the stereo and hearing the first few seconds...
Yeah, but that's just a kick drum and a clap…

Which they've been known to use, but you're right. That could be anybody...
Well, I'll tell you what I did steal from the Black Keys though: The idea to have a disco ball in the show! When we did big shows this year we totally had mirror balls! Because every time it comes on, everyone goes, "woooo!" It's a cheap trick, I suppose. Don't get me wrong, I'm a massive fan of the Black Keys. That used to be a cassette that was in my first car.

Lindsay's dream of model relationship with toy boy ends with a tattoo

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay Lohan's pursuit of 18-year-old model Morgan O'Connor seems to have ended unsuccessfully, as O'Connor has reportedly told the troubled starlet to take a hike, according to Radar Online.

"When he first started hanging around Lindsay, she was totally chasing him and everyone was telling him not to go out with her because she is white trash and would bring his career down," a source says.

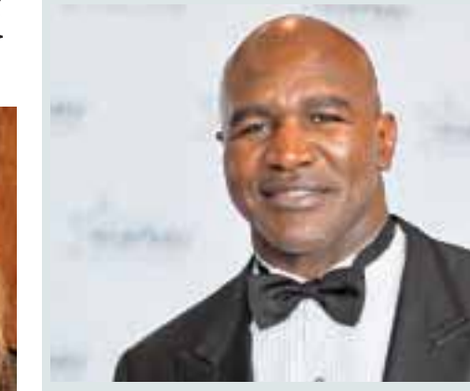
"But he had a good time with her and got to go to a lot of parties that he wouldn't have been able to go to before. Now he realizes that he can't hang out with Lindsay and he basically dumped her and is trying to commit to his girlfriend again."

As a clear sign of that change of heart, O'Connor recently had the name of ex-girlfriend Chiara DiGiallorenzo permanently applied to his body. "Morgan has always really loved Chiara, and he tattooed her name on his arm to prove that," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Holyfield's homosexuality comments land him in trouble

Say you are reading this and you are a celebrity. Let's try an exercise: What do you do if you think of something that maybe isn't the most PC thing in the world? Do you: A. Say it out loud. B. Keep it to yourself. C. Write it in a journal which you then burn. If you answered B or C, you have a long future ahead of you in the world of celebrity. If you answered A, we need to talk.

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS

Scott Disick

Disick loses father just months after mom's death

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey Disick, died from undisclosed causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."

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FAQs for fighting the flu

Getting informed. Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

The H1N1 virus is predominating this year's flu season. ISTOCK

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next?

There are plenty of such questions being posed these days. Here are a few, and some answers.

All the headlines these days are about influenza. Is this a dire flu season?

Not really. It's a flu season — which means as activity takes off in your municipality or province, you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month. There's been a fair amount of activity, but it's not terrible. And that should be it." says Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital

Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?

H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, influenza does have the potential to cause serious illness — and that is true of H1N1, H3N2 and influenza B.

There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill old people?

What is different about H1N1 is who is vulnerable to it and who it seems to hit hard.

Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot of attention in the media this year.

Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual?

Numbers don't mean much when it comes to seasonal flu and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza.

If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?

Public health officials will always say "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later.

THE CANADIAN PRESS

Half off

10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Now that the holidays — and holiday indulging — are over, Elisha is keen to get back on track. So she's kick-starting the new year with a shorter term goal: 10 pounds in six weeks.

Breaking your goal into pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa. "And losing 10 pounds in 6 weeks — or about 1 ½ pounds a week — is both healthy and realistic for Elisha."

Theresa suggested that Elisha create some eating 'rules' to help her achieve the goal. Rule number one: eat in, not out. For lots of delicious ideas, try Theresa's 'Weekly Meal Solutions' on her website at myfriendinfood.com.

Exercise is also a challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," said Elisha.

But she has discovered that she likes to dance for exercise. She often plays 'Just Dance' on the Wii for cardio. With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

YLVA VAN BUUREN/FOR METRO

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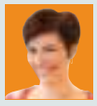

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DHN, RNCP
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:

- Chia is an excellent binder when making meatloaves or meatballs because it holds water better than breadcrumbs.
- Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.
- Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

THERESA ALBERT
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

1. Place ground beef, oats, egg, chia and seasoning in a bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

3. Microwave tomato sauce with the lid off to speed up cooking

4. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or on low for 8-10.

Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirred in a blender
- 1 egg, beaten
- 1 tbsp whole or ground chia seeds
- 1 tbsp Italian seasoning
- 1 jar tomato sauce

This recipe serves six. COURTESY THERESA ALBERT

5. Serve with buns for Meatball Sandwiches or over pasta with salad.

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Time:
10 am - 4 pm
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So what will 2014 mean for our green?

Resolve to recover.
Start this new year off cents-ibly by allocating your assets

YOUR MONEY
Alison Griffiths
money@metronews.ca

"Which way is the stock market going to go?" After record highs posted by the Dow Jones Industrial Average and the S&P 500 of 26 and 23 per cent in 2013, the future is on everyone's mind.

Are we going to see more records set in 2014? And is Canada going to join the party? (The TSX rose a relatively lacklustre 9.6 per cent last year.)

If I knew the answer I'd be retired in Florida counting my money. Well, I do winter in Florida but I'm hardly retired.

The simple fact is that no one knows what's going to happen with stock markets or interest rates.

There are, of course, the Warren Buffetts who never seem to set a foot wrong. But the Oracle of Omaha admits to mistakes, many of them based on forecasts that never came to pass.

He bought a major stake in ConocoPhillips in 2008 after predicting that oil would maintain its highs and even climb further. It didn't happen. "I try to look out 10 or 20 years when making an acquisition, but sometimes my eyesight has been poor," he said in a 2013 interview with The Business Insider. If even top experts can't predict the market reliably, how can average investors position themselves to either benefit or be protected from market and interest rate moves? Happily it's actually quite simple. It's called asset allocation.

The term is just a fancy way to describe an investment plan. No one would build a house without a blueprint, but many embark upon the construction of their financial future without the slightest plan.

A great exercise for early 2014 is to determine what the current asset allocation is in your RRSP, i.e. how much in cash, bonds and equities or stocks.

In mine, for example, I have eight per cent in cash, 35 per cent in bonds and 57 per cent in equities. I aim for a 10-35-55 mix but the equities are up a bit because my U.S. investments have been so strong.

Don't worry about picking an asset allocation yet, just figure out what you have.

Stock advice

- Pick up Monday's Metro for a new column in the Business section in which Alison Griffiths provides her advice on navigating the stock market and investments.

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Hunt is on for new WJC coach

DAVE LANGFORD
dave.langford@metronews.ca

Canadian hockey reaches a critical crossroad today.

Team Canada executive director Steve Yzerman and the Hockey Canada executives will announce the NHL selections for the Sochi Olympics at a Toronto press conference.

Canada has never won Olympic gold overseas with NHL players on board, and it is imperative this trend ends.

This comes two days after the Brent Sutter-coached Canadian side finished out of the medals at the world junior hockey championship in Malmo, Sweden. It was the second consecutive year Canada has missed the medal podium and the fifth in a row without a gold.

It also comes only weeks after the national women's team had a coaching change much too late in the Olympic quadrennial. Head coach Dan Church left the team for personal reasons and was replaced by former Florida Panthers coach Kevin Dineen.

So while we cannot look into a crystal ball and see how Canada will perform in Sochi — the Canadian women have recently lost four straight exhibition games to the U.S. and the Canadian men have trouble winning on international-size ice — we can help with righting the Canadian junior ship immediately.

That help comes from right here in London, Ont.

Bob Nicholson, president and CEO of Hockey Canada, should name London Knights head coach Dale Hunter as the top dog for the 2015 world junior tournament being held in Toronto and Montreal.

This should be a simple choice. His coaching record speaks for itself. Of course, it should have been an easy selection years ago, but Hockey Canada did not come knocking.

The only question remaining is if Hunter would be interested in the position after being overlooked for the likes of Dave Cameron, Steve Spott and a recycled Don Hay among others.

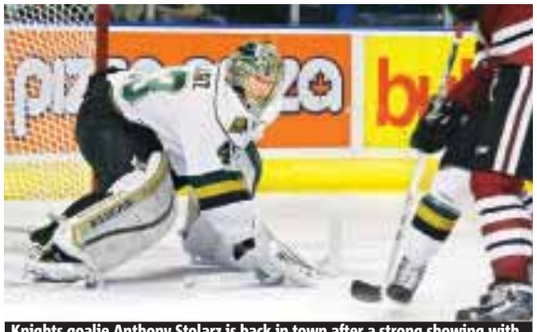
Knights head coach Dale Hunter, right, could be the next head coach of Canada's world junior team, replacing Brent Sutter, centre. NATHAN DENETTE/THE CANADIAN PRESS

"You always want to represent your country and if the opportunity was there, definitely, but we'll have to wait and see," Hunter said Monday at Knights practice.

Enough said.

Let's clear up this oversight now and let Sochi take care of itself.

Stolarz perfect for podium-deprived Yanks



Knights goalie Anthony Stolarz is back in town after a strong showing with the U.S. team at world juniors. METRO FILE

It's not often a goalie plays in a tournament, records a shutout and never sees the ice again.

But then again, the stakes were high at the world junior hockey championship in Sweden and London Knights goalie Anthony Stolarz knew his role with the U.S. team.

It was the one Providence College goalie Jon Gillies had last year, backing up John Gibson as the U.S. rolled to the world championship in Ufa, Russia.

"(Gillies) has had a tremendous start to his season this year so going in I knew he was the guy with the experience, and he played well," Stolarz said about this year's U.S. starter.

The only game action for Stolarz came against Germany and he stopped all 15 shots in an 8-0 victory.

Knights assistant coach Dylan Hunter watched the game and thought Stolarz played well, especially early when the game was in doubt.

"He had a couple of five-on-threes right away and that was kind of 'welcome to the game,'" Hunter said. "And I thought he did a real good job coming through it."

Stolarz said, despite the limited playing time, it was an honour to play for his country.

"It was pretty special. Just to be able to get in there and play a game," he said Monday at Knights practice. "Being able to feel the atmosphere with the fans. Being able to wear that USA logo was something special."

His next start will be later this week when the Knights play a rare Friday night road game in Guelph against the Storm. It will be broadcast on Sportsnet at 7 p.m.

DAVE LANGFORD/METRO

4 SPORTS

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Depth of field paints blurry image

Should Team Canada brass elect to stock the squad with centres, players such as Claude Giroux would be expected to move to the wing. GETTY IMAGES FILE

Team Canada. With a number of options Yzerman will provide clear picture when roster is named Tuesday

Sidney Crosby, Jonathan Toews and John Tavares are safe.

That Team Canada has only a few more forwards who are locks to go to the Sochi Olympics next month speaks to the embarrassment of riches and the bevy of questions facing Steve Yzerman and his management staff.

The 25-man roster that will be revealed Tuesday at 11 a.m. in Toronto will show what Yzerman learned from winning gold in Vancouver four years ago, and how he's adapting to a different situation this time around.

"We're playing good teams; you need good goaltending," Yzerman said back in August at Olympic orientation camp. "You need good defence. You need balance. All of these teams are relatively balanced. Any area of weakness can be an issue."

One area that isn't a weakness for Canada is down the middle. Beyond Crosby, Toews and Tavares, there's Ryan Getzlaf of the Anaheim Ducks and Patrice Bergeron of the Boston Bruins.

If Steven Stamkos of the Tampa Bay Lightning can return after breaking his right tibia, he's expected to move to the wing, possibly alongside Crosby. Other centres, like Matt Duchene of the Colorado Avalanche, Logan Couture of the San Jose Sharks, Eric Staal of the Carolina Hurricanes and Claude Giroux of the Philadelphia Flyers would likely have to do the same.

"I know some guys are going to have to play different positions, but you do it for the better of the team," Lightning winger Martin St. Louis said at orientation camp. "For the better of the country."

But is it better for Canada to have so many centres playing out of position? If Yzerman and Co. have decided more natural wingers must be in the mix, that's good news for St. Louis, Rick Nash of the New York Rangers, Patrick Sharp of the Chicago Blackhawks, Jamie Benn of the Dallas Stars and perhaps even Patrick Marleau of the Sharks.

Benn and Marleau weren't at camp in Calgary over the summer, but Yzerman said then and during the season that that wouldn't necessarily rule players out when it comes to Sochi.

One player who did earn a camp invite was Pittsburgh Penguins winger Chris Kunitz, whose natural chemistry with Crosby could be an asset in a short tournament like the Olympics. Bringing along linemates wasn't a perfect recipe in 2010 when Canada took Marleau, Joe Thornton and Dany Heatley to Vancouver, but Detroit Red Wings GM Ken Holland said it could still be factored in if two players were tied for a roster spot.

"We discuss teammates, but I think at the end of the day we've got to find players that we think are going to have the best chance to put the best team together," said Holland, who's on Canada's management team. THE CANADIAN PRESS

Projected Team Canada roster

FORWARDS
Matt Duchene, Sidney Crosby, Steven Stamkos*, Patrick Sharp, Jonathan Toews, Rick Nash, Logan Couture, John Tavares, Claude Giroux, Jamie Benn, Ryan Getzlaf, Corey Perry, Patrice Bergeron, Martin St. Louis.
***Injury replacement:** Jeff Carter

DEFENCEMEN
Duncan Keith, Shea Weber, Jay Bouwmeester, Alex Pietrangelo, Marc-Edouard Vlasic, Drew Doughty, Dan Boyle, P.K. Subban.

GOALTENDERS
Carey Price, Roberto Luongo, Mike Smith.
Potential injury replacement: Corey Crawford

NBL Canada

Lightning add pair to roster

Guard Stephen McDowell will be in the London Lightning lineup on Thursday after he was cleared by the National Basketball League of Canada on Monday.

McDowell played 20 games with Summerside, P.E.I., two seasons ago in the NBL.

Also, the Lightning have signed six-foot-eight forward Eric Frederick, who played for the NBL in Montreal last season.

He is expected to join the Lightning on Tuesday and be ready for game action on the weekend when they play in Summerside on Saturday and in Moncton on Sunday. METRO

NFL playoffs

"You would like to think it's going to be the same, but we know better than that."

Seattle Seahawks head coach Pete Carroll on his team's upcoming playoff matchup against the New Orleans Saints. Carroll said he doesn't expect a repeat of Seattle's 34-7 early-December win.

Skiing. Top athletes call qualifying rules 'absurd'

Picture this for the Sochi Olympics: Bode Miller not allowed to defend his super-combined title, Lindsey Vonn limited to two events, and other medal contenders held out of some of their favourite disciplines.

It's a scenario that top skiers are calling "absurd" but that could become a reality. At least, that's how the big Alpine nations are interpreting the International Ski Federation's (FIS) complex new Olympic qualifying rules.

"We're waiting for FIS to clarify what it means and how it works," U.S. Ski Team men's head coach Sasha Rearick told The Associated Press on Monday, three weeks before he has to name his team for Sochi. "It's critical that we have a fair solution and the top athletes can compete in the events they deserve to."

At issue are rules put in place last year to help smaller nations gain Olympic qualifying spots. In the fine print, the rules require skiers to finish a certain number of races in a discipline over last season and this season — up to Jan. 19 — to qualify for that event in Sochi. It's five races for the technical events of slalom and giant slalom, and three for the speed events of downhill, super-G and super-combined.

American world champion Ted Ligety GETTY IMAGES

For the men's super-combined, those rules mean Miller, American world champion Ted Ligety and Austrian standout Benjamin Raich could all miss out. And the injured Vonn — if she decides to compete in Sochi — would be limited to downhill and super-G.

FIS men's World Cup director Gunter Hujara is promising a last-minute change.

"We will handle it at the end," he announced at a team captain's meeting Sunday. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	42	28	12	2	124	89	58
Tampa Bay	42	25	13	4	119	100	54
Montreal	43	24	14	5	112	102	53
Detroit	43	19	14	10	114	121	48
Toronto	43	21	17	5	119	127	47
Ottawa	44	19	18	7	126	141	45
Florida	42	16	20	6	101	134	38
Buffalo	42	12	26	4	74	118	28

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	44	31	12	1	142	103	63
Philadelphia	42	21	17	4	111	116	46
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
N.Y. Rangers	43	21	20	2	105	115	44
New Jersey	43	17	18	8	101	110	42
Columbus	42	18	20	4	113	123	40
N.Y. Islanders	43	14	22	7	112	143	35

Monday's results
Dallas at N.Y. Islanders
Columbus at N.Y. Rangers
Florida at Montreal
Calgary at Colorado
Sunday's results
Anaheim 4 Vancouver 3 (OT)
Carolina 2 Nashville 1
Edmonton 5 Tampa Bay 3
Pittsburgh 6 Winnipeg 5
San Jose 3 Chicago 2 (SO)
Tuesday's games
All Times Eastern
Carolina at Buffalo, 7 p.m.
N.Y. Islanders at Toronto, 7 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Tampa Bay at Winnipeg, 8 p.m.
San Jose at Nashville, 8 p.m.
Calgary at Phoenix, 9 p.m.
St. Louis at Edmonton, 9:30 p.m.
Boston at Anaheim, 10 p.m.
Pittsburgh at Vancouver, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Wednesday's games
Montreal at Philadelphia, 7:30 p.m.
N.Y. Rangers at Chicago, 8 p.m.
Ottawa at Colorado, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	45	29	7	9	167	124	67
St. Louis	41	29	7	5	150	95	63
Colorado	41	26	11	4	120	104	56
Minnesota	44	22	17	5	106	113	49
Dallas	41	20	14	7	120	124	47
Winnipeg	45	19	21	5	123	135	43
Nashville	43	18	19	6	102	129	42

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	44	31	8	5	146	111	67
San Jose	43	27	10	6	142	111	60
Los Angeles	43	26	13	4	111	89	56
Vancouver	44	23	13	8	117	108	54
Phoenix	41	20	12	9	123	127	49
Calgary	41	14	21	6	96	128	34
Edmonton	45	14	26	5	117	156	33

Note: Two points for a win, one point for an overtime or shootout loss.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	23	40	63
Kane, Chi	23	31	54
Getzlaf, Ana	20	28	48
Thornton, SJ	5	43	48
Kunitz, Pgh	23	24	47
Sharp, Chi	25	21	46
Tavares, NYI	17	29	46
Backstrom, Wash	10	36	46
Perry, Ana	23	21	44

Not including last night's games

NFL PLAYOFFS

WILD CARD WEEKEND

Sunday's results
AFC — San Diego 27 Cincinnati 10
NFC — San Francisco 23 Green Bay 20
Saturday's results
AFC — Indianapolis 45 Kansas City 44
NFC — New Orleans 26 Philadelphia 24

DIVISIONAL PLAYOFFS

Saturday, Jan. 11 — All Times Eastern
NFC — New Orleans at Seattle, 4:35 p.m.
AFC — Indianapolis at New England, 8:15 p.m.
Sunday, Jan. 12
NFC — San Francisco at Carolina, 1:05 p.m.
AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	27	6	.818	—
d-Miami	26	8	.765	1½
Atlanta	18	16	.529	9½
d-Toronto	16	16	.500	10½
Washington	14	17	.452	12
Chicago	14	18	.438	12½
Charlotte	15	20	.429	13
Detroit	14	20	.412	13½
Boston	13	21	.382	14½
Brooklyn	12	21	.364	15
Philadelphia	12	21	.364	15
New York	11	22	.333	16
Cleveland	11	23	.324	16 1/2
Orlando	10	23	.303	17
Milwaukee	7	26	.212	20

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	27	7	.794	—
Portland	26	8	.765	1
d-San Antonio	26	8	.765	1
d-Golden State	23	13	.639	5
L.A. Clippers	23	13	.639	5
Houston	22	13	.629	5½
Phoenix	20	12	.625	6
Dallas	19	15	.559	8
Denver	16	17	.485	10½
Minnesota	16	17	.485	10½
New Orleans	15	17	.469	11
Memphis	15	18	.455	11½
L.A. Lakers	14	20	.412	13
Sacramento	10	22	.313	16
Utah	11	25	.306	17

d — division leaders ranked in top four places.
Monday's results
Minnesota at Philadelphia
Atlanta at Brooklyn
Orlando at L.A. Clippers
Tuesday's games
All Times Eastern
Philadelphia at Cleveland, 7 p.m.
Toronto at Indiana, 7 p.m.
Washington at Charlotte, 7 p.m.
New Orleans at Miami, 7:30 p.m.
Detroit at New York, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Golden State at Milwaukee, 8 p.m.
San Antonio at Memphis, 8 p.m.
L.A. Lakers at Dallas, 8:30 p.m.
Boston at Denver, 9 p.m.
Oklahoma City at Utah, 9 p.m.
Portland at Sacramento, 10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Try to avoid confrontation today because you will come out second best. If possible, go and be by yourself for a while. You'll return physically and mentally refreshed, and with lots of great new ideas.

♉ Taurus
April 21 - May 21
You seem to think the worst is going to happen. You should know by now that is exactly the sort of thought pattern that encourages bad things to happen. Be positive.

♊ Gemini
May 22 - June 21
If you make an effort today, it will pay off. The only problem is you are not in the mood to do anything strenuous. That's OK but don't blame others for your lack of progress.

♋ Cancer
June 22 - July 23
You may not enjoy what happens today, not least because you have no control over events. But if you accept it and refuse to be upset, it won't be so bad. You can always control the way you react.

♌ Leo
July 24 - Aug. 23
Everything must be in its proper place and if it isn't, someone is going to get the blame, and it won't be you. You may be easy-going most of the time but sometimes you are like your next-door-neighbour sign Virgo — obsessed by details.

♍ Virgo
Aug. 24 - Sept. 23
Keep things simple today because the more complicated you allow your activities to get, the more likely it is you will get confused and make a mistake.

♎ Libra
Sept. 24 - Oct. 23
It will pay you to be secretive, especially if you're working on a plan requiring the element of surprise to succeed. If people start sniffing around, tell them anything but the truth.

♏ Scorpio
Oct. 24 - Nov. 22
Stop worrying that you are not doing enough or that your rivals are winning. The planets indicate that success will be yours once you learn to relax and not take life so seriously.

♐ Sagittarius
Nov. 23 - Dec. 21
You can make a little go a long way today, emotionally as well as financially. The trick is to not give too much away, and keep others guessing what you intend to do with it.

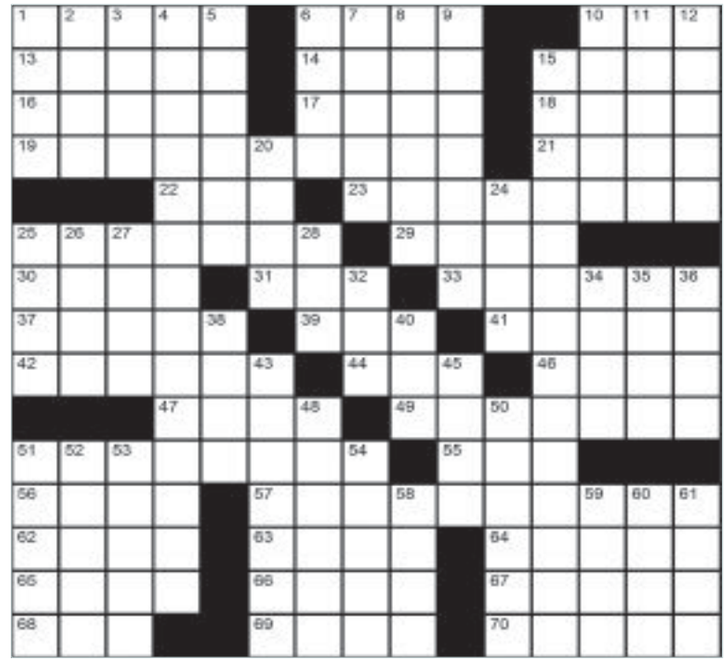
♑ Capricorn
Dec. 22 - Jan. 20
Wield the axe and cut back on the things in your life that are not important. That applies especially to your career where, it seems, you have taken on too much responsibility too soon.

♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may seem boring but if you do it well, you will come to the attention of powerful people and, in the long-term, the rewards will be worth the effort many times over.

♓ Pisces
Feb. 20 - March 20
There is a lot going on behind the scenes at the moment, so don't make too many plans because they are sure to change. If someone asks you to take on more work turn them down. It's the last thing you need right now. SALLY BROMPTON

Crossword: Canada Across and Down

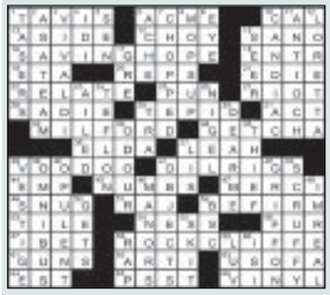
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. "The Lion King" (1994) character
6. Sporty Steffi's surname
10. Straw __
13. Anne Murray's "You Needed Me" bit: "I cried _ __..."
14. Prefix meaning 'Rock'
15. Merchandise
16. Corporate shuffle, in brief
17. Celebes buffalo
18. Shangri-la
19. Loggins & Messina tune covered by Anne Murray: 2 wds.
21. 'A' in AD
22. Rock supergr.
23. Sabre with a curved blade
25. Fractures-checking hosp. spot: 2 wds.
29. PayPal co-founder Mr. Musk
30. Hr. parts
31. __-and-tuck
33. Catch
37. Sherbrooke 'student'
39. Avril's Sk8er's gender
41. Saskatchewan town south of Regina
42. "Four Weddings and a Funeral" (1994) director, Mike __
44. Married woman's title
46. Wet __ (Moisture wipes)
47. Money in Oman
49. "Family Ties" clan, The __
51. Private
55. Uniquely-spelled mountain basin
56. __, California (The Bionic Woman's hometown)
57. Ottawa: 7 Rideau Gate... Canada's __ __ for heads of state
62. Carson's successor
63. French for 'the water'
64. Mosaic component
65. Legendary celebrity
66. Gaelic
67. Broadcast again
68. Bus or train, e.g.
69. River of Flanders
70. Paul of "Bewitched"

Down
1. Baby Atlantic Herring, for short
2. Virginia willow
3. Joni Mitchell's "You Turn __ __, I'm a Radio"
4. Mordecai Richler book-turned-movie starring Paul Giamatti: 2 wds.
5. Edmonton neighbourhood
6. 4.0, et al.
7. HGTV Canada jobs
8. Now!: 2 wds.
9. Parcel word
10. "Hmmm... I __ thought of that."
11. Hockey game place
12. Type of opera singer
15. Bit of #19-Across: "And even though __ __ __ __ I'm so in love with you honey..."
20. Bridge
24. Single-meaning prefix
25. Wolverine's mutant buddies
26. Vex
27. All over again
28. __ necklace
32. Cheerleading prop, when doubled
34. Gambling town
35. Prayer sign-off
36. Scholastically succeed
38. Film director Mr. Petri
40. Gall
43. British Columbia city
45. Faith faction
48. Matt of "Today", and surnamesakes
50. Twirling
51. Ancient Greek city-state
52. Remove the movie video
53. Didn't stop, like a sentence: 2 wds.
54. Charter
58. Plaintiff
59. __ Bator, Mongolia
60. Expressed
61. Bronte heroine surname

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		8	6		3	7		
9		6				3	2	
				2	5			
				3	9	4		1
4								2
1		7	8	6				
			7	9				
	7	9				8		4
		2	1		6	5		

Yesterday's Sudoku

8	9	1	5	4	6	3	2	7
2	6	3	7	8	9	5	4	1
5	4	7	1	3	2	9	8	6
9	1	2	4	5	7	8	6	3
3	7	6	9	1	8	2	5	4
4	8	5	6	2	3	7	1	9
7	2	9	8	6	1	4	3	5
1	3	4	2	9	5	6	7	8
6	5	8	3	7	4	1	9	2

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